

WW Changed My Life - A Lot!

I joined the Weight Watchers' - WW At Work program in November 1998, just after being told I needed back surgery. I joined in the hope that if I lost weight, I wouldn't need the surgery. Ultimately, I did have the surgery and recovered very quickly due to the weight I had lost!

Between November 1998 and September 1999 I lost nearly one third of my body weight (almost 70 pounds). The support of a WW group at work, several 'walking buddies' and the convenience of onsite meetings all have been very beneficial to me. I reached my life-time goal and celebrated by going to Disney World with co-workers!

In November 1999 - just a year after I joined, I became a WW Leader. I have been successful in staying no more than 20 pounds above my goal for the past 7 ½ years. I have re-joined the WW At Work group twice to get myself back on track! I keep in mind that gaining almost 20 pounds is nowhere close to the 50 pounds I have not gained back! Just knowing that 'my' WW At Work group has always been there for so many years is very encouraging and a great support for many people including myself.



I do Yoga and Tai Chi. And I have more energy and am happier with myself. I have set a good example for my now adult sons and my family has learned to eat healthier! I am very healthy and think that I have added years to my life.

Submitted by Pat Wilson, DHS